

heute gibt es...

Roasted chickpeas



Variant 1: Paprika and chili (vegan)

Ingredients:

- 400 g canned chickpeas
- 1 tbsp. taste neutral oil
- 1 tbsp. paprika powder (smoked)
- 1 tbsp. chili flakes
- 1/2 lts. smoked salt

Variant 2: Garlic and Parmesan

Ingredients:

- 400 g canned chickpeas
- 1 tbsp. olive oil
- 2 tbs. grated parmesan cheese
- 1 pressed garlic clove
- 1 lts. dried oregano

Preparation:

1. Preheat the oven to 200°C (top-/bottom heat).
2. Drain the chickpeas and mix with the remaining ingredients inside a bowl.
3. Spread the chickpeas on a griddle with backing paper, so they're not overlapping.
4. Bake for 30 minutes in the oven, let it cool off and enjoy.



